

ORZO with SAUTEED MUSHROOMS

SERVES: 8 | SERVING SIZE: 1/2 cup | PREP: 15 minutes | READY: 50 minutes

INGREDIENTS

- 3 tablespoons spreadable butter and oil blend (such as Land O Lakes Butter with Canola Oil), divided
- 1 package (8 ounces) whole white or mini bella mushrooms, cleaned and sliced
- 1 cup diced onion
- 2 cloves garlic, minced
- 1 cup (6 1/2 ounces) dry orzo
- 2 cups reduced sodium chicken or vegetable broth
- 1/2 cup white wine (such as Pinot Grigio or Sauvignon Blanc)
- 1/2 cup plus 1 tablespoon freshly grated parmesan cheese, divided
- 3 tablespoons minced fresh parsley, divided
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper



DIRECTIONS

In a large skillet over medium low heat, heat 2 tablespoons butter and oil blend. Add mushrooms, onion, and garlic and sauté until moisture released from vegetables has evaporated, about 5 minutes. Remove vegetables from pan and cover to keep warm.

To the empty skillet, add remaining 1 tablespoon butter and oil blend and orzo. Stir orzo around pan constantly until golden brown, about 3 minutes. Turn heat to low, add broth and wine to toasted orzo, and stir to combine. Cover and cook 20 minutes or until orzo is al dente and liquid is mostly absorbed.

Add vegetables to cooked orzo along with 1/2 cup parmesan cheese and 2 tablespoons parsley. Gently stir to combine and allow vegetables to heat through. Place in a serving bowl and garnish with remaining 1 tablespoon parmesan cheese and 1 tablespoon parsley.

NUTRITION INFORMATION PER SERVING

162 calories, 5.5 g total fat, 2 g saturated fat, 0 g trans fat, 9 mg cholesterol, 302 mg sodium, 21 g total carbohydrate, 2 g dietary fiber, 2 g total sugars, 0 g added sugars, 5 g protein, 7 mcg (35%) vitamin D, 60 mg (4%) calcium, 1 mg (6%) iron, 191 mg (4%) potassium

